

Curricula & Resources for Community Support Skills Building

Website	Address	Targets	Materials/Modules	Cost
www.wellness-resources.com	<p>Wellness Reproductions and Publishing, LLC 135 Dupont St, Plainview, NY 11803-0760</p> <p>1-800-669-9208</p>	Adults & Children/Youth	<ul style="list-style-type: none"> • <i>Personal Recreation Plan, Poster</i> • <i>A New Beginning: Recovery Workbook. Reproducible exercises go help people overcome addictive behaviors. Mildred D. Williams. © 2002</i> • <i>Life Management Skills VI, Reproducible activity handouts created for facilitators. Kathy Korb-Khalsa and Estelle Leutenberg. © 2000</i> • <i>Aging</i> • <i>Alcohol Prevention & Cessation</i> • <i>Anger Control</i> • <i>Anxiety</i> • <i>Assertiveness</i> • <i>Cognitive Skills</i> • <i>Communication</i> • <i>Conflict</i> • <i>Creative Expression</i> • <i>Dual Diagnosis</i> • <i>Emotions</i> • <i>Family Issues</i> • <i>Grief</i> • <i>Juvenile Justice</i> • <i>Leisure Activities</i> • <i>Life Skills</i> • <i>Mental Health/Mental Illness</i> • <i>Parenting</i> • <i>Relationships</i> • <i>Relaxation</i> • <i>Self Esteem</i> • <i>Social Skills</i> • <i>Stress Management</i> • <i>Substance Abuse</i> • <i>Teen Issues</i> • <i>Violence</i> 	\$25.95 and up

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www.ld-add.com		Children	<ul style="list-style-type: none"> ADDept Social Skills Curriculum, "From Acting Out to Fitting In," Instructional video, and 4 workbooks. ADDept Social Skills Workbook for Children 8-13 years old - only sold to trainers Socially ADDept: A Manual for Parents of Children with ADHD and/or Learning Disabilities 	\$295 5@\$45 \$29.95 volume discounts
www.adhdlivingguide.com www.clinicaltools.com	Clinical Tools, Inc. Chapel Hill, NC (919) 960-8118	Children/Youth	<ul style="list-style-type: none"> My Success Guide for ADHS – Guides for children, teens, parents, families 	Free downloads
www.mentalhealth.samhsa.gov/publications/allpubs/SMA-3715/introduction.asp www.mentalhealth.org/publications/allpubs/SMA-3717/default.asp www.mentalhealth.samhsa.gov/publications/allpubs/SMA-3720/default.asp www.mentalhealth.org/publications/allpubs/SMA-3719/default.asp www.mentalhealth.org/publications/allpubs/SMA-3718/default.asp www.mentalhealth.org/publications/allpubs/SMA-3716/default.asp	Center for Mental Health Services Substance Abuse and Mental Health Services Administration 5600 Fishers Lane, Room 15-99 Rockville, MD 20857	Adults' primarily self-help	7 Toolkits for Wellness and Recovery: <ul style="list-style-type: none"> Building Self Esteem Dealing with the Effects of Trauma: A Self Help Guide Action Planning for Prevention & Recovery: A Self Help Guide Speaking Out for Yourself: A Self Help Guide Developing a Wellness & Recovery Lifestyle: A Self Help Guide Making and Keeping Friends: A Self Help Guide 	Free downloads
www.chestnut.org/LI/bookstore/Blurbs/Curricula/JS101-Both.html	Lighthouse Institute Publications 720 W. Chestnut St, Bloomington, IL 61701 888-547-8271	Adults who suffer from long-term mental illness	<ul style="list-style-type: none"> Transitions in Living Transitions in Coping 	\$100 each, or \$180 for both
www.region5rcc.org/psr%20manual/NEWPSI.pdf		Staff	From New Mexico, outlines their definitions of rehabilitation. Includes many specific ideas for building interventions.	Free download

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www.bu.edu/cpr	Center for Psychiatric Rehabilitation at Boston University 940 Commonwealth Avenue West Boston, MA 02215 (617) 353-3549	Primary Focus = Adults Also materials for staff training	<ul style="list-style-type: none"> • <i>Compendium of Activities for Assessing and Developing Readiness for Rehabilitation Services</i>. Mikal Cohen & Dean Mynks, Editors. © 1993 • <i>Financial Empowerment for People with Psychiatric Disabilities: What you need to know about social security and work incentives. Training Manual</i>. Kim MacDonald-Wilson. Eight Edition, January 2001. • <i>The Recovery Workbook II: Connectedness</i>. LeRoy Spaniol, Richard Bellingham, Barry Cohen, & Susan Spaniol. © 2003 • <i>The Recovery Workbook: Practical Coping and Empowerment Strategies for People with Psychiatric Disability</i> • <i>The Experience of Recovery</i> • <i>The Role of the Family in Psychiatric Rehabilitation: A Workbook</i> • <i>Psychological and Social Aspects of Psychiatric Disability</i> • <i>A Comprehensive Guide for the Integrated Treatment of People with Co-Occurring Disorders</i> • <i>Career Planning Curriculum: Instructor's Guide and Reference Handbook</i> • <i>Introduction to Rehabilitation Readiness</i> • <i>Training Technology: Rehabilitation Readiness</i> • <i>Training Technology: Setting an Overall Rehabilitation Goal</i> • <i>Training Technology: Functional Assessment</i> • <i>Training Technology: Direct Skills Teaching</i> • <i>Training Technology: Case Management</i> • <i>Practitioner Tools: Assessing Readiness</i> • <i>Practitioner Tools: Developing Readiness</i> • <i>Practitioner Tools: Achieving Valued Roles</i> • <i>Practitioner Tools: Consumer Participation Skills—Evaluation Modules and Lesson Plans</i> 	\$30.00 and up

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www.mentalwellness.com	Janssen Pharmaceuticals	Adults Self-Help	Pamphlet style information can be used as basis for group teaching or curriculum development or self-help. Major topics center around Bipolar Disorder, Schizophrenia, Mental Health	Free downloads
www.medicine.uiowa.edu/uhs/drl/index.cfm	Center for Disability and Development:	Adults, children & youth and Staff	Variety of materials on such topics as: <ul style="list-style-type: none"> • Communication • Awareness & Attitudes • Challenging Behaviors • Parenting • Empowerment • Health • ADHD, Aging & Disabilities • Therapeutic Interventions 	Free downloads
w3.ouhsc.edu/bpfamily/Detail/Amenson.html	Christopher S. Amenson, Ph.D. Pacific Clinics Institute, 909 S Fair Oaks Ave. Pasadena, CA 91105 Phone: (626) 795-8471, ext 409	Family Members	<ul style="list-style-type: none"> • <i>Schizophrenia: A Family Education Curriculum</i> May also be available: <ul style="list-style-type: none"> • <i>Schizophrenia, Family Skills Training Methods</i> • <i>Family Skills for Relapse Prevention</i> <i>Spanish & Japanese versions also available</i>	\$295
www.psych.uic.edu/mhsrp/act_res.htm	UIC Mental Health Services Research Program 104 South Michigan Avenue, Suite 900 Chicago, IL 60603 USA (312) 422-8180	Adults	<i>3 Pamphlets, posters to use in skill building</i> <ul style="list-style-type: none"> • <i>10 Steps to Recovery</i> • <i>How to be Hospital Free</i> • <i>Medication Reminders</i> 	Free downloads
www.psych.uic.edu/mhsrp/child_youth_res.htm	UIC Mental Health Services Research Program 104 South Michigan Avenue, Suite 900 Chicago, IL 60603 USA (312) 422.8180 (312) 422.0740/FAX	Youth	<ul style="list-style-type: none"> • <i>Enhancing Employability: A Curriculum to Prepare Psychiatrically Disabled Youth for Community Employment</i> (S. Olsen) • <i>The Community Exploration Program: Vocational Laboratory Experiences for Psychiatrically Disabled Youth</i> (J. Cook, S. Pickett, & J. Jonikas) • <i>Strengthening Skills for Success: A Manual to Help Parents Support Their Psychiatrically Disabled Youth's Community Employment</i> (J. Cook, J. Jonikas, & M. Solomon) 	\$14.70 \$3.85 \$6.50

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www.dbsalliance.org	Depression and Bipolar Support Alliance 730 N. Franklin Street, Suite 501, Chicago, Illinois 60610-7224 USA (800) 826-3632 :: (312) 642-0049	Adults with mood disorders and their supports	Teaching materials pamphlets on understanding mood disorders, including depression, bipolar, and suicide prevention	Online & free downloads
www.depression-recovery-life.com	Gillian Pearce	Adults with depression; could be used with youth	Includes checklists, self-tests, stories from other consumers, and self-help guide*	\$17.99 e-book*
www.edhelpernet.com		All ages, primarily children & youth	Resource of other web site that offer curriculum materials on academic, social skills, and other areas. Most are grouped by target ages. Primarily for teachers, but useful in mental health as well.	Free to fee
www.mentalhealthrecovery.com	Mary Ellen Copeland PO Box 301 W. Dummerston, VT 05357 Phone: 802-254-2092	Youth & Adults, but can easily be modified for children	<ul style="list-style-type: none"> • <i>Wellness Recovery Action Plan</i> • <i>Wellness Recovery Action Plan and Peer Support</i> • <i>Creating Wellness video series</i> • <i>Wellness Recovery Action Plan for Dual Diagnosis</i> • <i>Wellness Recovery Action Plan Curriculum & Facilitator Manual</i> • <i>Loneliness Workbook</i> • <i>Healing the Trauma of Abuse: A Woman's Workbook</i> • <i>Winning Against Relapse</i> • <i>Worry Control Workbook</i> • <i>Recovering from Depression: A Workbook for Teens</i> • <i>The Depression Workbook: A Guide to Living with Depression and Manic-Depression</i> • <i>Living with Depression and Manic Depression: A Workbook for Maintaining Mood Stability</i> • <i>Plan de Acción para la Recuperación del Bienstar</i> 	\$10 to \$129

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www.intentionalcare.org	Patricia E. Deegan & Advocates, Inc. 27 Hollis Street Framingham, MA 01702	Staff	Principles and processes to implement recovery models. Areas include: <ul style="list-style-type: none"> Professional Boundaries, Client Choice, The Role of the Direct Service Worker, Confidentiality, Community Integration, Cleaning for Group Homes and Cleaning for Supported Housing 	\$1500
www.power2u.org	National Empowerment Center 599 Canal St. Lawrence, MA 01840 1-800-power2u	Adults	<ul style="list-style-type: none"> PACE Recovery Curriculum Coping with Voices Beyond the Coke and Smoke Syndrome A Guide for Consumer Organization Leadership Also, newsletter and other articles from this self-help organization that address such how-to's as: Medication visits with psychiatrist 	\$69 \$10 \$99 also free downloads
www.nrchmi.samhsa.gov/search/detail.asp?ResID=2964	Chicago, IL: Thresholds National Research and Training Center, 1993.	Women	<i>Safe, Secure, and Street-Smart: Empowering Women with Mental Illness to Achieve Greater Independence in the Community" A Curriculum</i>	
www.unc.edu/depts/recreate/crdsdra/ft/pearl/apearl.htm	Department of Recreation and Leisure Studies Center for Recreation and Disability Studies University of North Carolina at Chapel Hill CB 3185, Evergreen House Chapel Hill NC 27599-3185	Adults	<i>Peer Education and Advocacy through Recreation and Leadership (PEARL)</i> — curriculum to train and support persons with mental illness to serve as advocates for their peers to address social and recreation needs	Free downloads
www.aabh.org/public/pubs/Problem%20Solving.html	AABH Publications, 11240 Waples Mill Rd, Suite 200 Fairfax, VA 2203	Adults	<ul style="list-style-type: none"> <i>Problem Solving: A Beat Mental Illness Curriculum</i> 	\$35

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www.thresholds.org/research.htm		Staff	Research on medication education curriculum and how to improve	On line
www.psych.uic.edu/mhsrp/supp_ed_res.htm	UIC Mental Health Services Research Program 104 South Michigan Avenue, Suite 900 Chicago, IL 60603 USA (312) 422.8180	Youth, adults	<ul style="list-style-type: none"> • <i>Preparing Students with Psychiatric Disabilities for Postsecondary Education: Class I - Strategies for Success</i> • <i>Preparing Students with Psychiatric Disabilities for Postsecondary Education: Class II - Improving Study Skills</i> • <i>Peer Support for Students in Postsecondary Education</i> 	\$17 each or \$30 for first two \$10
www.mhmr.state.tx.us/CentralOffice/BehavioralHealthServices/curr.html	Texas Department of Mental Health and Mental Retardation Central Office 909 West 45th Street Austin, TX 78751 (512) 454-3761	Children, youth, adults Also staff training	<p>"The information contained in this section is organized to provide an overview of curriculums selected because they convey a key point. Each is helpful as an example of a program characteristic that is considered critical to the design and success of any chosen curriculum. Keys to designing successful rehabilitation programs are listed, and notations made about how particular points are illustrated in the curriculums that follow. An introduction that describes each curriculum also is included to provide a general overview. Copies of individual curriculums are appended."</p> <ul style="list-style-type: none"> • <i>The Learns Model</i> • <i>The Wichita Model</i> • <i>TMAP Consumer and Family Education</i> • <i>Consumer Self-Advocacy</i> • <i>Dual Diagnosis</i> • <i>Staff Training</i> 	Free Downloads
www.reintegration.com/	The Center for Reintegration, Inc. 609 72nd Street, Floor 1 North Bergen, New Jersey 07047 Phone: (201) 869-2333	Children, youth, adults, family members	<p>Variety of informational pages for illness education, and issues identification. Some topics include:</p> <ul style="list-style-type: none"> • I Don't Need to Take My Medicine • My Child has Schizophrenia, What should I do? • About Mental Illness • Therapeutic Alliances • Resources 	On line

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www.workshopsinc.com/manual/index.html	ADRS State Office 2129 East South Boulevard Montgomery, AL 36116-2455 Phone: 334-281-8780	Youth & adults	<ul style="list-style-type: none"> • Social Skills • Decision Making Skills • Employability • Money Management • Transportation • Health • Family Responsibilities • Basic Legal Understanding • Telephone Skills 	Free downloads
www.ucpsychrehab.org/consulting/resource_brochure.pdf	UC Center for Psych Rehab 7230 Arbor Drive Tinley Park, IL 60477	Youth, adults, staff	<ul style="list-style-type: none"> • Conflict Management • Street Smarts • Depression Management • Staff Training for Skill Building Groups 	\$325 for all 4; or priced individually
www.uconnuccdd.org/Publications/brochures.htm	University of Connecticut A.J. Pappanikou Center for Developmental Disabilities 263 Farmington Ave., MC 6222 Farmington, CT 06030 Tel: (860) 679-1500	Young children	<ul style="list-style-type: none"> • <i>Social Competence Curriculum for Toddlers</i> - Brochure 	Download
/www.ou.edu/zarrow/Choosing%20Educational%20Goals.ppt	James Martin, PhD University of Oklahoma Zarrow Center for Learning Enhancement Carpenter Hall, Room 111 Norman, OK 73019	Children and youth	Student-Directed Plans of Study to Meet IEP Transition Requirements <ul style="list-style-type: none"> • Includes study habits skill building 	Free download

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www.uncc.edu/sdsp/sd_lesson_plans.asp	Self Determination Synthesis Project Department CSPC, College of Education University of North Carolina at Charlotte 9201 University City Blvd. Charlotte NC 28223-0001 Phone: 704/687-3731 Fax: 704/687-2916	Children and youth	<ul style="list-style-type: none"> • Teach Students to Participate in IEP Meetings • Teach Knowledge of Ways to Become Self-Determined During Leisure. • Understanding and Acceptance of Their Learning Disability and Learn to Educate Others • Self-Realization • Teach Students to Conduct Their Own IEP Meetings. • Developing and implementing self-scheduling • Social problem-solving skills • Interpersonal problem-solving and social skills • Preference and choice making • Participation in Decision Making • Personal Futures Planning • Teaching generalized problem-solving within a functional task sequence to students with disabilities. • Teaching students to self-initiate and sustain leisure skill participation using a choice training procedure. • Teaching choice-making and turn-taking to students with multiple disabilities. And more	Free downloads
www.incredibleyears.com/	Incredible Years 1411 8th Avenue West Seattle, WA 98119	Children Teachers Parents	The Incredible Years are research-based, proven effective programs for reducing children's aggression and behavior problems and increasing social competence at home and at school. Includes parent training, teacher training, child social skills training and a Spanish version. Includes videotapes and materials on such topics as: <ul style="list-style-type: none"> • Making friends and school rules • Understanding and detecting feelings • Problem solving steps • How to talk with friends\]how to do your best at school • ALSO, wide variety of parent and teacher training materials 	\$195-\$525

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www.loveandlogic.com/	The Love and Logic Institute, Inc. 2207 Jackson St. Suite 102 Golden, Colorado 80401-2300	Parents	Variety of materials for parenting; not necessarily linked to special needs.	Most books about \$15
www.familyworksinc.com/	1005 East State Street Suite G Athens, OH 45701-3751 740-594-2502	Parents	SAMHSA sponsored program; Interactive CD/software on: <ul style="list-style-type: none"> • Parenting Wisely: American Teen Program • Parenting Wisely: Young Children Kit • Parenting Wisely: Foster and Residential Care Program Kit Also video training	\$695 - \$858
<i>A Work in Progress: Behavior Management Strategies & A Curriculum for Intensive Behavioral Treatment of Autism</i>	Ron Leaf, John McEachin, Jaisom D. Harsh DRL Books, LLC May 1999	children	Book; available from Amazon	\$43
www.ecwebguide.com/discipli.html		Adults, teachers	Variety of links and resources for behavior management	
www.sera.com	2675 Folsom Street, Suite 200 San Francisco, CA 94110800.741.9473	Children, youth, young adults	<ul style="list-style-type: none"> • Skills for Managing Anger • Skills for Negotiating and Resolving Conflict • Life Skills for Work • 	\$495-\$550 (video based)